

CENTER FOR HOPE



FOURTH QUARTER REPORT
2021



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This report provides an overview of the people, priorities, and projects that create the character of Center for Hope.

Center for Hope plays a crucial and very active role in the Eastern Idaho recovery community. A commitment to reach rural areas is a defining purpose that underlies all strategy and project decisions at Center for Hope.

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Members of the recovery community share experiences and ideas with community leaders and service providers at a community conversation focused on addiction & recovery. Insights were captured and will be shared in an upcoming report.

A WORD FROM OUR DIRECTOR

Center for Hope is committed to being a safe place for individual people. Our staff members use their lived experience to help members of the recovery community **solve problems, create opportunities, and build a life that points toward growth and peace.**

Sometimes you have to feel it to get it. When people walk through our doors, I hope they know they matter. We want to call them by their names. We want to treat everyone with dignity. We want to show by example that **recovery is real, that support brings strength, and that no one needs to face the toughest days alone.**

Every now and then, someone drops by who participated in our ***Start Where You Are or Conversations & Connections*** programs. It makes my day to see them smiling, sometimes with their son or daughter, and excited about the future they're building. **That's when Center for Hope is all about.**

--Nancy



RECOVERY COACHING

	APRIL	MAY	JUNE	TOTAL
WARM HAND-OFFS	29	39	48	116
SELF-HELP MTGS	48	36	32	116
ACTIVITIES	19	4	117	140
PROBATION & PAROLE	3	2	4	9
HOSPITAL / MEDS	2	4	5	11
JAIL CALLS	2	4	4	10



MAKING A DIFFERENCE...

PEER REENTRY COACHING

"Between January 1, 2020 and December 31, 2020, 1,167 people sentenced to a term in prison for a property or drug offense conviction were released to parole for the first time, an increase of 36% when compared to 2019," according to Idaho Department of Correction's 2021 Early Release Report. For these individuals, many of whom are managing the challenge of an SUD (substance use disorder), newfound freedom goes hand-in-hand with fear. Peer reentry coaches, a role that's emerged relatively recently, try to ensure the returning citizens don't face their fears alone.

Whether it's taking a walk along the river, assisting with a job search, or exploring potential support groups, Benji Pedroza shows up for his clients. Benji experiences working as a peer reentry recovery coach at Center for Hope as a privilege. He recently shared his recovery story with attendees at a community event focused on addiction and recovery. His emphasis on gratitude and giving back resonated with listeners.

"He just makes me feel safe, understood. Like I can trust his guidance because he gets it," explained one university student who attended the June 23 conversation. That observation echoes research findings about the value of peer mentoring. "Empirical studies suggest that peers can provide crucial social support to returning individuals, reduce substance use and recidivism, and increase desistance (abstention from criminal behavior) and prosocial behavior"(1).

Benji is helping many Idahoans return to their homes and families with more confidence, resources, and support. He makes a daily difference.



PEER REENTRY COACHING

JANUARY



JUNE

CLIENTS → 176

CONTACTS → 423



Participants at the Addiction & Recovery Community Conversation engage in a roundtable conversation about resources and support. **Of the 64 participants, many were members of the recovery community.** Their stories and observations highlighted the importance of recovery coaches and individuals with lived experiences.

Two issues emerged with clarity: the lack of needed resources and the lack of awareness of existing resources. Peer reentry coaches are particularly suited to pointing returning citizens in the direction of existing resources that meet vital needs, like clothing, food, housing, support groups, affordable counseling, and transportation.

SUPPORT GROUPS & EDUCATIONAL PROGRAMS

SELF HELP GROUPS

2497
total visits

Center for Hope hosts many peer-based support groups, including AA, NA, and CMA. Individual groups have been formed based on language, gender, military experience, etc. Attendance continues to grow.

GRATEFUL WARRIORS

41
total visits

Grateful Warriors is a veterans' group dedicated to creating a safe and sober environment for veterans.
*When weather permitted, Grateful Warrior meetings moved to an outdoor venue.

START WHERE YOU ARE

115
total visits

Start Where You Are is an 8-week education program designed to help Wood and veterans court participants gain self-advocacy and resiliency skills. It is designed and facilitated by Andra Smith Hansen, a faculty member in the Communication Department at BYU-Idaho. Participants have built a genuine community.

STATEWIDE RECOVERY COACH TRAINING

Lewiston
Orifino
Pocatello

Marc and Steele, recovery coach trainers at Center for Hope are requested across the state. It's a privilege to bring recovery communities together.

ONGOING LEARNING & SUPPORT

LEARNING PROJECTS

100	GED ATTENDANCE	total visits
37	EAT SMART	total visits
37	TRIGGERS (WOOD COURT)	total visits
263	QPR SUICIDE PREVENTION TRAINING	individuals trained

**Please see appendix for a more complete report*

SUPPORT-RELATED ACTIVITIES

- | | | |
|-----------------------------|---------------------------|-----------------|
| ✓ Veterans Court Graduation | ✓ Movie Night | ✓ Face Painting |
| ✓ Veterans Trauma Therapy | ✓ Bake Sale | ✓ Bingo |
| ✓ Speaker Meetings | ✓ Corn Hole | ✓ Board Games |
| ✓ Sober Yoga | ✓ Frisbee Golf Fundraiser | ✓ Rock Painting |



EVENTS & PROFESSIONAL DEVELOPMENT

RHS Symposium

Nancy and Marc shared experiences and insights with an audience of mental health professionals, community service providers, and others from the community who are committed to building a safer, healthier home, workplace, and/or community.

Donuts for Drugs

The Donuts for Drugs event was a success. In Fremont County, 35 pounds of drugs were recovered. In Bonneville County, 360 pounds were collected. The community is working together to make our homes and neighborhoods safer.

Milestones & Leadership

Steele Gould completed his recovery coach certification. Marc and Nancy are involved in a leaderships series at RHS.

ASIST Suicide Intervention Training-for-Trainers

With funding from Eastern Idaho Public Health, Nancy completed a week-long ASIST Suicide Intervention training-for-trainers. She is now certified to provide this 2-day training (two trainers are required).

This August, Nancy will be part of a team of four trainers scheduled to provide ASIST training to law enforcement officers in Rigby.

Bikers Against Bullies

Center for Hope is grateful for the chance to partner with Bikers Against Bullies in the effort to stop bullying and to promote respect and safety for children in our community.

COMMUNITY CONVERSATION HIGHLIGHTS

JUNE 23
7PM-9PM
AMERICAN LEGION HALL
485 CONSTITUTION WAY

addiction & recovery

a community conversation



Center for Hope hosted a community conversation on June 23 at American Legion Hall in Idaho Falls. Designed to **reduce stigma, facilitate collaboration, and contribute to problem-solving**, community conversations bring people together in manner conducive to mutual respect and awareness of common ground.

The opportunity for members of the recovery community to share their stories, their insights, and their questions with elected officials, law enforcement officers, and community service providers is empowering.

Data gathered at this event is currently being analyzed and included in a report Center for Hope will share with attendees and other interested parties.

conversation topics



THANK YOU FOR JOINING US!



resources & support

Facilitators:
DeVere Hunt, MS, CRC
CEO at Badger, Inc.
Nancy Espeseth
Director at Center for Hope

policing & understanding

Facilitators:
Sam Hulse
Boonville County Sheriff
Emily Smith
Clinical Supervisor
District 7 Probation & Parole

opportunities & success

Facilitators:
Alyne Bean
Boonville County Prosecutor
Stephanie Taylor-Silva
Reentry Specialist at
Idaho Department of Correction

questions to consider...

table one: resources & support

DeVere Hunt, MS, CRC
CEO at Badger, Inc.
Nancy Espeseth
Director at Center for Hope
What steps individuals who need recovery-related resources and support from getting them?
In terms of resources and support for members of the recovery community, are things getting better or worse? Why?
What is one important change that could be made by state and local leaders that would benefit individuals in the recovery community and their families?



table two: policing & understanding

Sam Hulse
Boonville County Sheriff
Emily Smith
Clinical Supervisor DTP & P
What barriers exist to constructive relationships between the police and members of the recovery community?
What is the biggest misconception members of the public have about the police and/or attitudes of police officers?
How are the attitudes of IDOC and local law enforcement changing in regard to incarceration vs. rehabilitation?

table three: opportunities & success

Alyne Bean
Deputy Chief Boonville County Prosecutor
Stephanie Taylor-Silva
IDOC Reentry Specialist
What role can state and local government play in supporting recovery?
In your observation, what are the keys to successful recovery? What role should the legal system play in that process?
What is one thing you would change about existing laws, enforcement protocols, and/or consequences that would increase an individual's chance for successful recovery?



APPENDIX: QPR / OPTUM REPORT

QPR TRAINING

&

STANDARDIZED DATA PROJECT

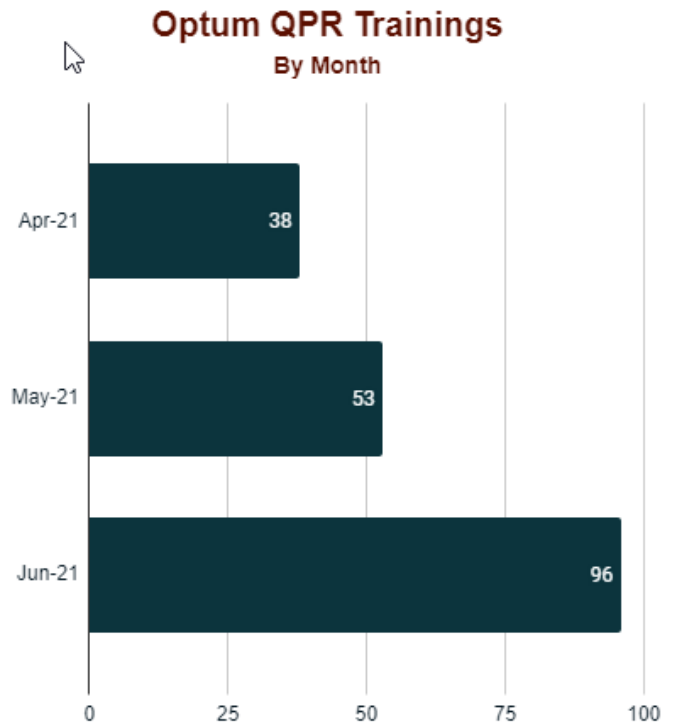
APRIL – JUNE 2021



ABOUT THIS REPORT

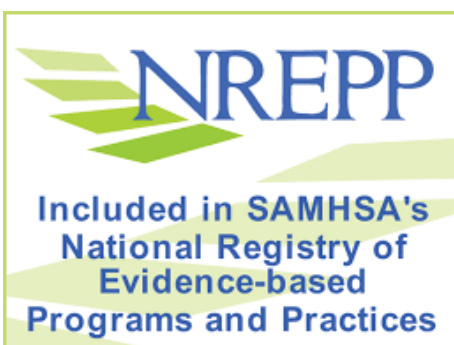
The data in this report reflects results of surveys completed by 180+ people who have been QPR trained between April 1, 2021 and June 30, 2021. Due to COVID-19 restrictions, the vast majority of these trainings were delivered remotely. All trainings were facilitated by **Andra Smith Hansen**, a certified QPR and ASIST Suicide Prevention trainer and BYU-Idaho Communication faculty member. **Nancy Espeseth**, Director of Center for Hope, served as co-trainer for the majority of the trainings.

The findings indicate the overwhelmingly positive response of trainees to the training content. In 90 minutes, trainees complete the following learning units, which together, increase the trainee's understanding of how to serve as a life-saving connection for someone struggling with thoughts of suicide. Individuals trained in QPR have the skills necessary to build a bridge of hope between moments of crisis to qualified help.



FIVE LEARNING UNITS IN A QPR TRAINING

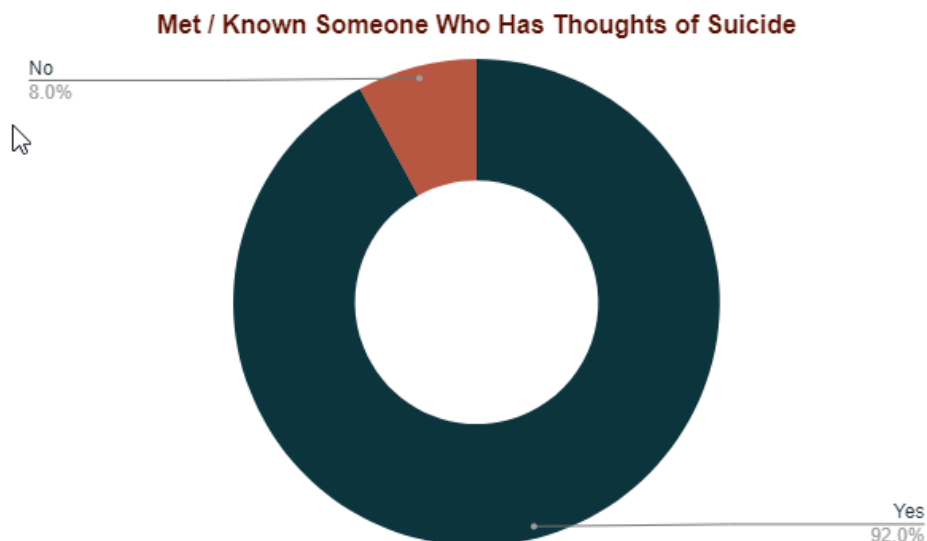
- QPR & CPR:** Like CPR, QPR prepares someone to save a life by responding to a crisis in a manner that affirms life and connects an individual in crisis to the help they need.
- LOSS & IMPACT:** Far too many people die by suicide. These losses create a wide ripple of impact. But anyone can develop the mindset and acquire the skills to become a life-saving connection.
- BELIEFS & BARRIERS:** Common myths regarding suicide perpetuate stigma and serve as a barrier to help. Recognizing and correcting misconceptions frees a person to become a life-saving connection.
- PATHWAYS & PROTECTIONS:** Moments of crisis arise within a context containing both pathways to suicide and sources of protection. Awareness of this context is vital to creating safety and support.
- SKILLS & ACTION:** QPR equips trainees to recognize signs, to communicate about suicide and safety, and to refer to appropriate help. People who know what to see, say, and do are equipped to save lives.



I have experienced suicidal thoughts. Therapy and medication have been the greatest thing for me. In my junior year of high school, two people committed suicide. It was an awful year. Many of my friends had suicidal thoughts, and this training would have been so helpful..

--Recent QPR Trainee

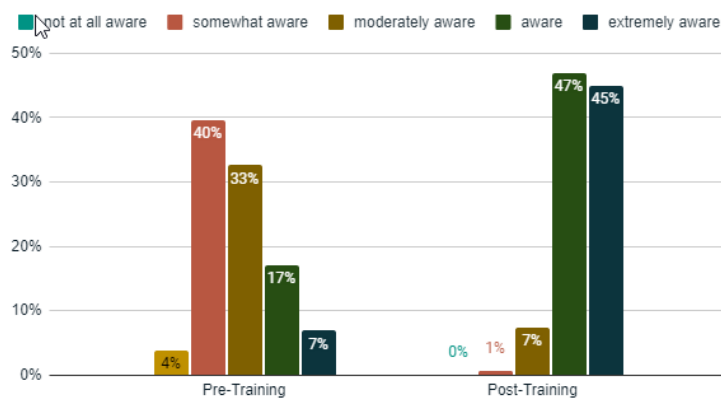
QPR ADDRESSES RELEVANT & PERVASIVE EXPERIENCES



Over
90%
of trainees
have
firsthand
experience

QPR EMPOWERS THROUGH CULTIVATING VITAL SKILLS

SEE (recognizing signs)



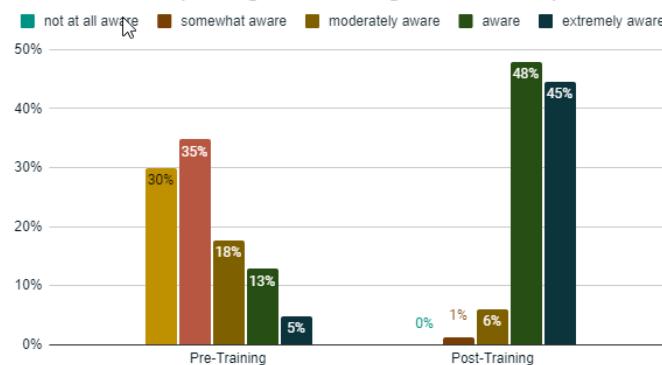
Do you know what to SEE
(warning signs)?

68%
increase in people who are
AWARE
of what to **SEE**

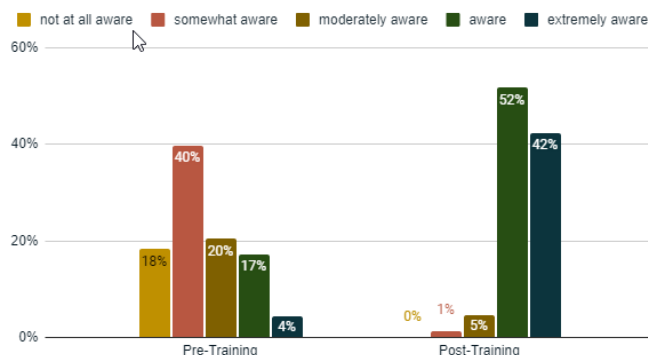
75%
increase in people who are
AWARE
of what to **SAY**

Do you know what to SAY
(asking about suicide)?

SAY (asking about thoughts of suicide)



DO (referring to help)



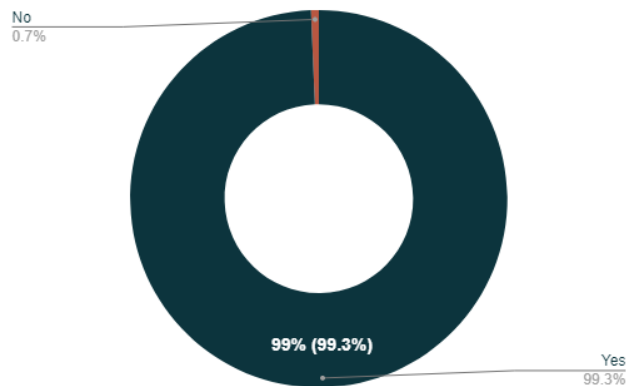
Do you know what to DO
(referring to help)?

72%
increase in people who are
AWARE
of what to **DO**

QPR CHANGES MINDSETS

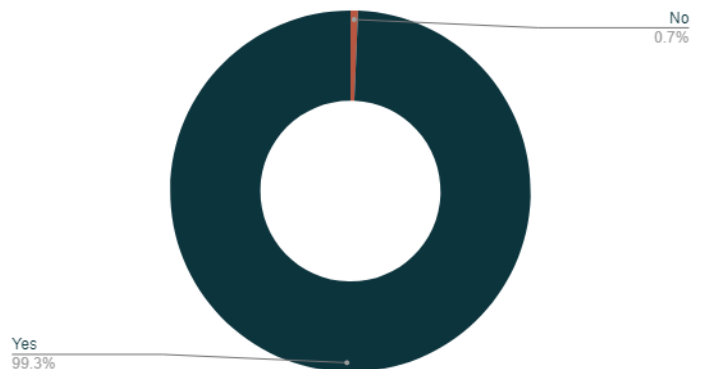
QPR reduces stigma

Belief That QPR Training Can Help Reduce Stigma



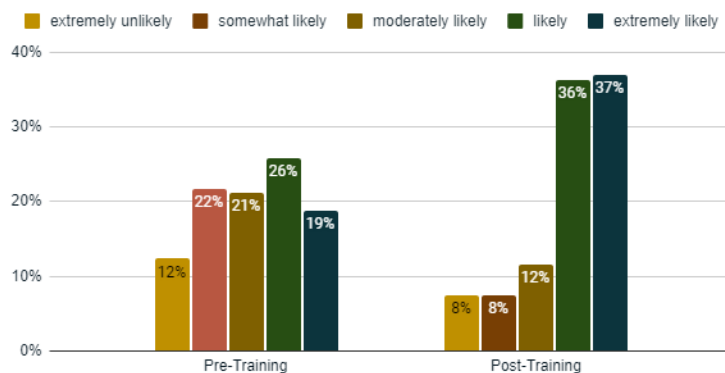
QPR increases likelihood to help

After QPR Training More Likely to Help Someone Who May Have Thoughts of Suicide

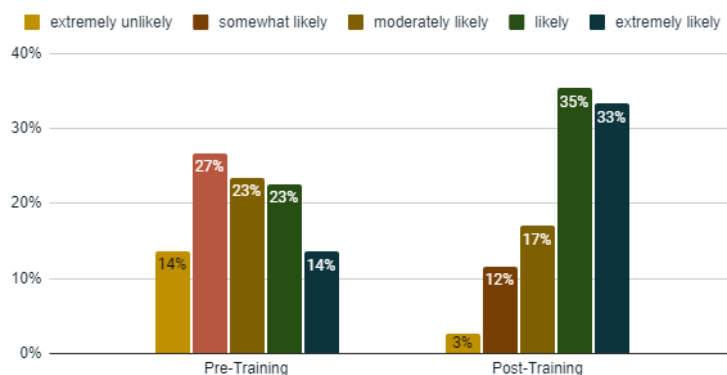


QPR INCREASES LIKELIHOOD OF PROTECTIVE ACTION

Likelihood of Talking to Family If Having Thoughts of Suicide



Likelihood of Reaching Out to a Crisis Center and/or Hotline If Having Thoughts of Suicide



After a **QPR** training, trainees are more likely to **talk to their families** and more likely to **reach out to a crisis center and/or hotline** if they experience thoughts of suicide.

Over
99%

of trainees recommend the training!

FOR MORE INFORMATION ABOUT TRAINING OR THIS REPORT, CONTACT:

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